

# Every Woman Matters (EWM) Commonly Used Terms

This glossary is for use by all provider personnel.

## A

**Automated Computer Tracking System (ACTS):** The computer database where information for EWM clients is recorded and stored. Case management activities are recorded in this database.

## C

**Case Management:** Coordinated efforts and services intended to assure that a woman receives screening services in the EWM program and, if needed, diagnostic and/or treatment services.

**CDC:** Acronym for Centers for Disease Control and Prevention.

## E

**EWM:** Acronym for Every Woman Matters.

**EWM Program Staff:** EWM staff in the central office of the Nebraska Health and Human Services System in Lincoln, Nebraska.

## H

**Health Risk Assessment:** A behavior and health assessment that is completed by the client at the screening visit that aids the clinician in determining the need for lifestyle interventions to reduce the risk of CVD and diabetes.

## L

**Lifestyle Intervention Management Services:** Education and support provided to eligible clients of EWM aimed at cardiovascular disease risk-reduction and improved health behaviors. Topic areas and messages focus primarily on increasing physical activity, improved nutrition and tobacco cessation.

## O

**Outreach and Recall Services:** Education and support provided to eligible clients of the Every Woman Matters Program aimed at breast and cervical cancer screening behaviors. Topic areas and messages focus primarily on increasing screening compliance and awareness.

**Outstanding:** Over due, not submitted within prescribed time frames.

## P

**Presumptive Eligibility:** The client is presumed to be eligible for the EWM program by the clinic provider after an enrollment form is initiated and completed in the clinician's office at the time services are provided.

## S

**Screening Cycle:** A screening cycle begins when a client has a breast or cervical screening exam along with a cardiovascular screening exam on the EWM Program and ends with one of the following:

- normal screening results
- definitive diagnosis of not cancer
- initiation of treatment if client diagnosed with cancer or precancer
- completion of a lifestyle intervention if referred

**Screening Guidelines:** Screening requirements for Every Woman Matters (EWM) for reimbursement by program funder.

**Supplantation:** In reference to grant programs that require an assurance that grant funds will be used to supplement and not replace the non-Federal funds that would otherwise be made available for that activity or purpose.

## T

**Tracing Service:** Service employed by EWM state program to locate women deemed lost to follow up; used as a last resort to locate women who have a serious abnormality.

## Healthcare Related Definitions commonly used by EWM

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### A

**AGC:** Acronym for Atypical Glandular Cells. This is a category from the Bethesda classification system that involves the reporting results of cervical cytology.

**Alert values:** Predetermined lab values that alert a clinician that a client needs follow up and possible medical interventions. (see Follow Up Section Page 7-5 of EWM Provider Manual)

**Angina:** A heart condition marked by sudden recurrence or intensification of chest pain due to reduced oxygen to the heart (angina pectoris).

**Arthritis:** Inflammation of a joint or joints.

**ASC-US:** Acronym for Atypical Squamous Cells of Undetermined Significance. This is a category from the Bethesda classification system that involves the reporting results of cervical cytology.

**ASC-H:** Acronym for Atypical Squamous Cells: Cannot Exclude High-Grade SIL. This is a category from the Bethesda classification system that involves the reporting results of cervical cytology.

**Assessment Incomplete:** The exam or testing done has not provided the radiologist with a definitive diagnosis. Further testing or follow up exam needed. This refers to mammography.

**Atherosclerosis:** Deposits of yellowish plaques containing cholesterol and lipid material that form inside large and medium sized arteries.

### B

**Barriers:** Any problem or obstacle that could potentially prevent a client from obtaining necessary screening or treatment (e.g., no transportation, no child care, language barriers that may require an interpreter, etc.)

**Blood Glucose:** The main sugar that the body makes from the three elements of food – proteins, fats, and carbohydrates.

**Blood Pressure:** The force that the circulating blood exerts on the walls of the arteries.

**Body Composition:** The relative amounts of muscle, fat, bone, and other anatomical components that contribute to a person's total body weight.

**Body Mass Index (BMI):** A measurement of body mass that is correlated with skinfold thickness and body density.

**BSE:** Acronym for Breast Self-Exam.

**Breast Biopsy:** The removal and examination, usually microscopically, of breast tissue.

**Breast Ultrasound:** A test that uses ultrasonic waves to scan the breast.

### C

**Cancer-in-situ:** Cancer cells are confined to the original site.

# Healthcare Related Definitions commonly used by EWM

*(Continued)* This glossary is for use by all provider personnel.

## C

**Cardiovascular:** Pertaining to the heart and blood vessels.

**CCD:** Acronym for Clinical Cardiovascular Disease.

**Cervical Biopsy:** The removal and examination, usually microscopically, of cervical tissue

**CHD:** Acronym for Coronary Heart Disease.

**Cholesterol:** A waxy, fat-like substance present in every cell in the body and in many foods.

**CIN:** Acronym for Cervical Intraepithelial Neoplasia

**CIN I:** Mild dysplasia

**CIN II:** Moderate dysplasia

**CIN III:** Severe dysplasia, cancer in situ

**CIS:** Acronym for Cancer In Situ

**Clinical Breast Exam:** An exam of the breast by a clinician.

**Colposcopy:** An examination of the cervix through a magnifying device to detect abnormal cells.

**Colposcopy with directed biopsy:** Examination of the cervix through a magnifying device with biopsies taken of suspicious areas on the cervix at the time of the exam.

**Conization (Cone):** Excision of a cone-shaped piece of tissue from the cervix. Also called cone biopsy.

**Consultation:** Meeting of clinician and client to discuss abnormal screening examination, diagnostic plan and/or treatment options.

**Conventional Cytology:** Method of collection for cervical cytology by direct smearing of cells on the slide.

**CVD:** Acronym for Cardiovascular Disease.

**Cyst:** Any closed cavity or sac, normal or abnormal, lined by epithelium, and especially one that contains a liquid or semisolid material.

## D

**Diabetes:** Diabetes mellitus is a chronic syndrome of impaired carbohydrate, protein, and fat metabolism due to insufficient secretion of insulin or to target tissue insulin resistance.

**Diagnostic Mammogram:** Breast x-rays, which generally include four views of the breasts. Performed when any or all of the following reasons/conditions are present: palpable mass, pain, discharge, and/or breast implants. Also performed as a follow-up exam for suspicious findings obtained during physical examinations or screening mammograms.

**Diagnostic Services:** Services rendered to a client who needs follow up after a screening visit that resulted in an abnormal finding.

**Dyslipidemia:** Disorders of lipoprotein metabolism, including lipoprotein overproduction or deficiency.

## Healthcare Related Definitions commonly used by EWM

*(Continued)* This glossary is for use by all provider personnel.

### D

**Dysplasia:** Abnormalities of cells or tissue signifying preneoplastic changes characterized by changes in the nucleus and cytoplasm of a cell.

### E

**Endocervical Curettage:** The removal of tissue from the inside of the cervix using a spoon-shaped instrument called a curette.

### F

**Fasting:** Abstaining from all food and drink.

**Fecal Occult Blood Test:** A test to detect small amounts of occult (hidden) blood in the stool.

**Fibromyalgia:** A disorder characterized by muscle pain, stiffness, and chronic fatigue.

**Fine Needle Aspiration:** A method for obtaining cell samples from internal body sites through the utilization of a long needle and syringe.

**Follow Up Visit:** A scheduled repeat visit with a client to reevaluate a condition that was noted at the screening visit.

### G

**Gout:** Recurrent acute arthritis of peripheral joints caused by the accumulation of monosodium urate crystals.

### H

**HDL:** Acronym for High-Density Lipoproteins which carry cholesterol in the blood stream.

**Heart Failure:** A condition where there is insufficient pumping of the heart leading to an accumulation of fluid in the lungs.

**High Grade SIL:** Acronym for a category from the Bethesda classification system that involves high-grade Squamous Intraepithelial Lesions of the cervix that are characterized by moderate to severe dysplasia or CIS.

**HPV:** Acronym for Human Papilloma Virus which is a species of virus that has been associated with the development of cervical cancer.

**Hypertension:** Persistently high arterial blood pressure.

**Hysterectomy:** Surgical removal of the uterus.

### I

**Invasive Carcinoma:** Cancer that has spread to other areas of the body from its point of origin.

**Invasive Cervical Cancer:** Cancer that originated in the cervix and has spread to other parts of the body.

**Intervention:** Any measure intended to improve health or alter the course of a disease.

## Healthcare Related Definitions commonly used by EWM

*(Continued)* This glossary is for use by all provider personnel.

### L

**LDL:** Acronym for Low-Density Lipoproteins, which are a combination of a fat and a protein which acts as a carrier for cholesterol and fats in the bloodstream.

**LEEP:** Acronym for Loop Electrosurgical Excision Procedure, which is used to remove abnormal cervical tissue.

**Left Ventricular Hypertrophy:** An enlargement of the left pumping chamber of the heart.

**Lifestyle Intervention:** A conscious change in patterns of eating, exercise or unhealthy habits (e.g., smoking, alcohol intake) to produce a positive change in a person's overall health.

**Lipid Panel:** A group of blood tests that determines risk of coronary heart disease; includes total cholesterol, HDL, LDL, and triglycerides.

**Liquid Based Cytology:** Method of collection for cervical cytology by liquid suspension (e.g., Thin Prep, Sure Path, etc.)

**Low Grade SIL:** Acronym for a category from the Bethesda classification system that involves low-grade Squamous Intraepithelial Lesions that are characterized by mild squamous atypia or mild dysplasia on Pap tests.

**Lupus:** A local or systemic disease that results from an autoimmune mechanism.

### M

**Malignancy:** A cancer, especially one with the potential to cause death.

**Mammogram:** A breast screening process/ x-ray of the breast.

**Mastectomy:** A surgical procedure removing all or parts of the breast tissue.

**Metastasis:** Transfer of a cancer cell from an original site of disease to another part of the body with the development of a similar cancer in the new location.

**Metastasize:** Spread to other parts of the body.

**Metastatic Breast Cancer:** Cancer that originated in the breast and has spread to other parts of the body.

### N

**Needle Core Biopsy:** Type of biopsy in which a needle is inserted into the lump under local anesthesia.

**Neoplasia:** New growth, usually refers to abnormal new growth and thus means the same as tumor, which may be benign or malignant.

**Nephropathy:** Any disease of the kidneys.

**Nutritional Assessment:** The process of assessing an individual's nutritional status by evaluating dietary intake for a period of time.

## Healthcare Related Definitions commonly used by EWM

*(Continued)* This glossary is for use by all provider personnel.

### O

**Obese:** Having a body mass index (BMI) of 30 or above.

### P

**Palpable mass:** A mass that can be felt by palpation.

**Pap Test:** (Papanicolaou Smear) A screening test of the cells of the cervix used to detect early cervical abnormalities.

**PBF:** Acronym for short-term probable benign follow up.

**Pelvic Exam:** An internal physical examination used to detect a variety of gynecological disorders. Includes a visual inspection of the vagina and cervix as well as palpation of the uterus and ovaries.

**PAD:** Acronym for Peripheral Arterial Disease, which is a condition similar to coronary artery disease. In PAD, fatty deposits build up along artery walls and affect blood circulation, mainly in arteries leading to the legs and feet.

**Polyp:** Growth, usually benign, protruding from a mucous membrane.

**Short term Probable Benign (PBF):** Probably benign follow up, favorable for recovery, but requiring short term follow up. This refers to mammography.

### Q

**Quality Assurance:** Necessary to determine how well needs and expectations are met within available resources, involving all staff members to develop various approaches to implement actions to improve services.

### R

**Risk Factors:** An aspect of personal behavior or lifestyle, environmental exposure, or inherited characteristic which, on the basis of epidemiologic evidence, is known to be associated with a health related condition considered important to prevent.

### S

**Stereotactic Biopsy:** Method of obtaining tissue which combines mammography and computer-directed needle placement to evaluate an abnormality that can be seen on a mammogram, but the clinician can't palpate.

**Suggestive of Malignancy:** Probability of malignancy is great and immediate follow up is needed. This refers to mammography.

**Suspicious Abnormality:** Abnormality that has a high probability of a cancer diagnosis, (biopsy usually recommended) requiring immediate follow up. This refers to mammography.

### T

**Target Organ Damage:** Structural alterations of target organs such as the heart, the brain, the kidney and the arterial vessels that is the result of untreated hypertension which may lead to myocardial infarction, stroke, congestive heart failure, sudden renal failure or death.

**Triglycerides:** A neutral fat synthesized from carbohydrates for storage in animal fat cells.